

# Sports Therapy Program at Swedish

*Expert sports-injury care and  
prevention for all ages*

## The Program

Sport specific evaluation and treatment to enhance healing and injury prevention

## The Sports

- Running and running sports
- Throwing injury and overhead sports
- Recreational sports and outdoor activities

## The Experts

Swedish therapists offer specialized sports programs for:

- Pediatric and adolescent sports rehabilitation
- Hand therapy by a certified hand therapist (CHT)
- Golf biomechanics and rehabilitation
- Sportsmetrics — jump training and injury prevention for the hip and knee
- Bicycle fit
- Sports therapy and “biomechanics-based” training tips for coaches

## The Technology

- BTE (computerized measure of strength, power and endurance during actual throwing, kicking and swinging motions)
- Video treadmill running analysis
- Video jump analysis

## The Training Equipment

- Paramount weight equipment
- Pro-Fitter
- Plyometric rebounder
- Slide board
- BAPS (Biomechanical Ankle Platform System)
- Nu-Steps
- Treadmills
- Elliptical cross trainer
- UBE (upper body ergometer)
- Wall weights and pulleys
- Exercise balls and free weights

## The Results

- Close communication with your physician
- Recommendations for return to training
- One month follow-up progress assessment and adjustment of training program as appropriate
- Safe efficient return to activity with optimal sport performance



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*Sports Therapy is offered at the following  
Swedish Rehabilitation Services locations:*

*Ballard: 206-781-6346*

*Cherry Hill: 206-320-2404*

*First Hill: 206-386-2035*

*Pediatric Therapy Services: 206-386-3592*

*West Seattle Rehabilitation Services: 206-320-5510*

*Maps are located on the reverse side.*

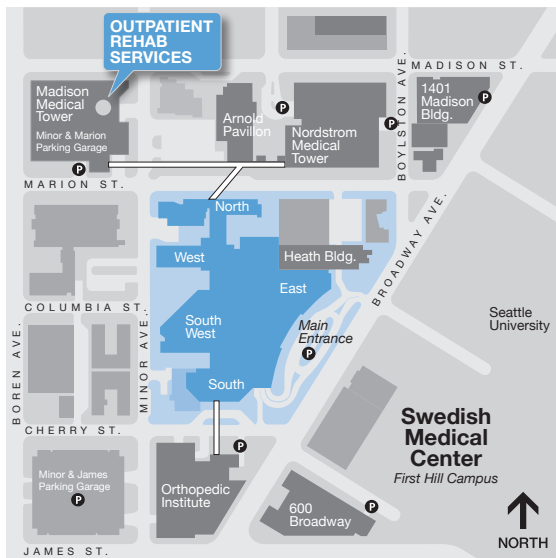
# Locations



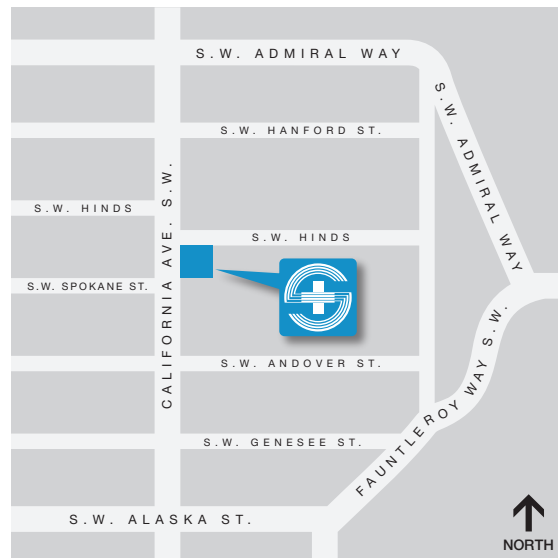
**Swedish Medical Center/Ballard**  
 Outpatient Rehabilitation Services  
 5300 Tallman Ave. N.W.  
 Seattle, WA 98107  
 T 206-781-6346



**Swedish Medical Center/Cherry Hill**  
 Outpatient Rehabilitation Services  
 500 17th Ave., James Tower, Suite 100  
 Seattle, WA 98122  
 T 206-320-2404



**Swedish Medical Center/First Hill**  
 Outpatient Rehabilitation Services  
 1101 Madison, Suite 200  
 Seattle, WA 98104  
 T 206-386-2035



**West Seattle Rehabilitation Services**  
 3400 California Ave. S.W., Suite 100  
 Seattle, WA 98116  
 T 206-320-5510



For a free physician referral:  
 1-800-SWEDISH (1-800-793-3474)  
[www.swedish.org](http://www.swedish.org)